

Safety On The Road

Have None For The Road

The life of a professional driver is tough. Long shifts, the endless round of strange towns and cities, constant pressure to cover the miles on schedule — these factors add up to fatigue and stress.

It is tempting to turn to a drug or alcohol to stay awake or relax. However, drugs which seem to offer short-term solutions only add to your long term problems. Using “uppers” to stay awake for long work hours and “downers” to fall asleep turns into a vicious cycle. You need to stay clean and sober to successfully cope with the demands of driving.

Drugs and alcohol actually increase problems with fatigue and sleeplessness. They sap your health and your strength. They also slow your reflexes and affect your judgment.

These substances have led to countless accidents, killing or injuring drivers, passengers, occupants of other vehicles and pedestrians.

Drugs and alcohol can also poison relationships with family and friends. They can get you in trouble with the law. Abuse of drugs or alcohol can cost you your license, your insurance and your job.

Here's how alcohol affects your ability to drive:

- You process information, such as judging distances, more slowly.
- Your concentration and coordination decrease.
- Your vision is affected. You cannot see as well at night, you scan the surrounding environment less frequently, you cannot see pedestrians and signs as clearly and your peripheral vision decreases.

The result of these changes to your physical, mental and emotional state is you steer more slowly, brake more slowly and roughly, change speed and lanes more often, drift out of your lane, miss traffic signs and lights and pay less attention to your driving.

When we think of impairment, we commonly think of alcohol. However, many other prescription, over the counter and illegal drugs are also unsafe for drivers to use:

- Drivers may be tempted to use drugs for relaxing or sleeping. Alcohol, sleeping pills, tranquilizers, sedatives, marijuana, and narcotics such as heroin are used this way.
- Drugs are also used to fight fatigue, speed up, stay awake and wake up in the morning. Amphetamines by prescription or from the street, diet pills, cocaine and crack, PCP (the hallucinogenic angel

dust) and other substances are used in this manner.

- Drugs taken for a variety of purposes can have side effects such as drowsiness making it unsafe for you to drive. Cold remedies, cough syrups, antihistamines, painkillers and even antibiotics can make you sleepy and less alert. Read the labels and get further information from your pharmacist.

A recent study of blood samples from dead or impaired drivers found these medications: Benzodiazepines (tranquilizers used as sleeping pills) were the most common. Cannabis (marijuana) was second. Cocaine was third. This was followed by prescription stimulants and narcotics.

Depending on where you work, a company drug policy may be required by government regulations. You will be given information on the effects of drugs. Drug testing may be part of this program. You may be given a referral to counselling or other assistance programs.

Driving and drugs or alcohol is a dangerous mixture. Be aware of the hazards, and make a decision to drive only when you are sober and straight!

Safety On The Road

Have None For The Road

The life of a professional driver is tough. Long shifts, the endless round of strange towns and cities, constant pressure to cover the miles on schedule — these factors add up to fatigue and stress.

It is tempting to turn to a drug or alcohol to stay awake or relax. However, drugs which seem to offer short-term solutions only add to your long term problems. Using “uppers” to stay awake for long work hours and “downers” to fall asleep turns into a vicious cycle. You need to stay clean and sober to successfully cope with the demands of driving.

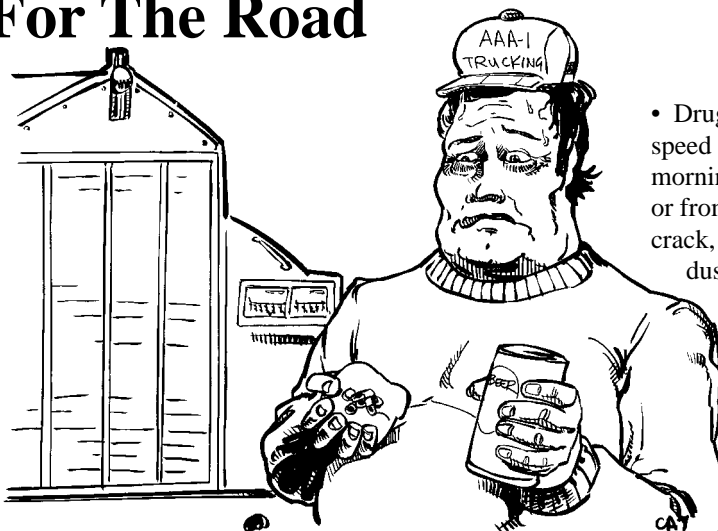
Drugs and alcohol actually increase problems with fatigue and sleeplessness. They sap your health and your strength. They also slow your reflexes and affect your judgment.

These substances have led to countless accidents, killing or injuring drivers, passengers, occupants of other vehicles and pedestrians.

Drugs and alcohol can also poison relationships with family and friends. They can get you in trouble with the law. Abuse of drugs or alcohol can cost you your license, your insurance and your job.

Here's how alcohol affects your ability to drive:

- You process information, such as judging distances, more slowly.



- Your concentration and co-ordination decrease.
- Your vision is affected. You cannot see as well at night, you scan the surrounding environment less frequently, you cannot see pedestrians and signs as clearly and your peripheral vision decreases.

The result of these changes to your physical, mental and emotional state is you steer more slowly, brake more slowly and roughly, change speed and lanes more often, drift out of your lane, miss traffic signs and lights and pay less attention to your driving.

When we think of impairment, we commonly think of alcohol. However, many other prescription, over the counter and illegal drugs are also unsafe for drivers to use:

- Drivers may be tempted to use drugs for relaxing or sleeping. Alcohol, sleeping pills, tranquilizers, sedatives, marijuana, and narcotics such as heroin are used this way.

- Drugs are also used to fight fatigue, speed up, stay awake and wake up in the morning. Amphetamines by prescription or from the street, diet pills, cocaine and crack, PCP (the hallucinogenic angel dust) and other substances are used in this manner.

- Drugs taken for a variety of purposes can have side effects such as drowsiness making it unsafe for you to drive. Cold remedies, cough syrups, antihistamines, painkillers and even antibiotics can make you sleepy and less alert. Read the labels and get further information from your pharmacist.

A recent study of blood samples from dead or impaired drivers found these medications: Benzodiazepines (tranquilizers used as sleeping pills) were the most common. Cannabis (marijuana) was second. Cocaine was third. This was followed by prescription stimulants and narcotics.

Depending on where you work, a company drug policy may be required by government regulations. You will be given information on the effects of drugs. Drug testing may be part of this program. You may be given a referral to counselling or other assistance programs.

Driving and drugs or alcohol is a dangerous mixture. Be aware of the hazards, and make a decision to drive only when you are sober and straight!

The information presented in Copy Ready! has been compiled from various sources which are believed to be reliable. However, it cannot be assumed that all acceptable measures are contained in this article nor that additional measures may not be required under particular or exceptional circumstances, or your own company procedures, or by federal, state/provincial and local law. Copy Ready! is intended for in-house use only — commercial reproduction is a violation of our copyright agreement.

For a complete catalog of Bongarde Communications Ltd. products please call 1-800-667-9300 or visit us at www.safetysmart.com.

© MCMXCVII Bongarde Communications Ltd.

#V6103

Safety On The Road

Have None For The Road

The life of a professional driver is tough. Long shifts, the endless round of strange towns and cities, constant pressure to cover the miles on schedule — these factors add up to fatigue and stress.

It is tempting to turn to a drug or alcohol to stay awake or relax. However, drugs which seem to offer short-term solutions only add to your long term problems.

Using “uppers” to stay awake for long work hours and “downers” to fall asleep turns into a vicious cycle. You need to stay clean and sober to successfully cope with the demands of driving.

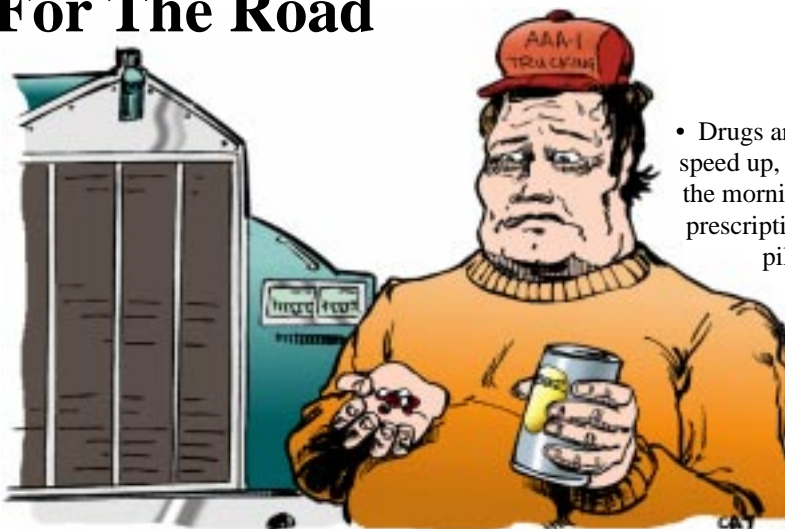
Drugs and alcohol actually increase problems with fatigue and sleeplessness. They sap your health and your strength. They also slow your reflexes and affect your judgment.

These substances have led to countless accidents, killing or injuring drivers, passengers, occupants of other vehicles and pedestrians.

Drugs and alcohol can also poison relationships with family and friends. They can get you in trouble with the law. Abuse of drugs or alcohol can cost you your license, your insurance and your job.

Here's how alcohol affects your ability to drive:

- You process information, such as judging distances, more slowly.



- Drugs are also used to fight fatigue, speed up, stay awake and wake up in the morning. Amphetamines by prescription or from the street, diet pills, cocaine and crack, PCP (the hallucinogenic angel dust) and other substances are used in this manner.

- Drugs taken for a variety of purposes can have side effects such as drowsiness making it unsafe for you to drive. Cold remedies,

cough syrups, antihistamines, painkillers and even antibiotics can make you sleepy and less alert. Read the labels and get further information from your pharmacist.

A recent study of blood samples from dead or impaired drivers found these medications: Benzodiazepines (tranquilizers used as sleeping pills) were the most common. Cannabis (marijuana) was second. Cocaine was third. This was followed by prescription stimulants and narcotics.

Depending on where you work, a company drug policy may be required by government regulations. You will be given information on the effects of drugs. Drug testing may be part of this program. You may be given a referral to counselling or other assistance programs.

Driving and drugs or alcohol is a dangerous mixture. Be aware of the hazards, and make a decision to drive only when you are sober and straight!

- Your concentration and co-ordination decrease.

- Your vision is affected. You cannot see as well at night, you scan the surrounding environment less frequently, you cannot see pedestrians and signs as clearly and your peripheral vision decreases.

The result of these changes to your physical, mental and emotional state is you steer more slowly, brake more slowly and roughly, change speed and lanes more often, drift out of your lane, miss traffic signs and lights and pay less attention to your driving.

When we think of impairment, we commonly think of alcohol. However, many other prescription, over the counter and illegal drugs are also unsafe for drivers to use:

- Drivers may be tempted to use drugs for relaxing or sleeping. Alcohol, sleeping pills, tranquilizers, sedatives, marijuana, and narcotics such as heroin are used this way.